

Click the logo above to follow us!

Healthy Columbus

Employee Wellness Program Newsletter



**EVERY DAY IS
ANOTHER CHANCE
TO GET STRONGER
TO EAT BETTER
TO LIVE HEALTHIER
AND TO BE THE BEST
VERSION OF YOU**



3RD QTR

Group Fitness Classes

Q3 Registration!

24 on-site group fitness classes are offered each week to employees at no cost!

Longtime Healthy Columbus Yoga instructor Lori Fannin is coming back to the 77 N. Front St. Building in Q3. Yoga for Flexibility is returning on Monday's at 11:30 am in the C Stat room.

Another new addition to the schedule is a Tuesday, 4:30 pm higher intensity class called Adult Recess!! It will be offered in the lower atrium of 77 N. Front Street.

Classes begin the week of July 2nd!

Check it out and let us know what you think!

2018 Public Safety Obstacle Course!

Healthy Columbus is excited to announce a new event and partnership with the Department of Public Safety!

Sign up for the 1st Annual Public Safety Charity Obstacle Course Event on Saturday, June 23rd at 4252 Groves Rd.

The cost is \$20 per person with the proceeds benefitting the Ovarian Cancer Alliance of Ohio!

Healthy Columbus will be onsite and is providing a DJ.

Click the flyer to the right to register!

[surveymonkey.com/r/2018-Obstacle-Course-Registration](https://www.surveymonkey.com/r/2018-Obstacle-Course-Registration)



4252 Groves Rd.
Columbus, OH 43232

NON-COMPETITIVE UNTIMED EVENT

Open to Friends & Family

1- Mile Course

(Can be run multiple times)

- ♦ **MILITARY CRAWL**
- ♦ **POND/ MUD WADE**
- ♦ **CLIMBING WALL**
- ♦ **TIRE FLIPS**
- ♦ **FIRE HOSE PULL**
- ♦ **AGILITY LADDER**
- ♦ **BALLOON TOSS**
- ♦ **CALISTHENICS**
- ♦ **TUBE CRAWL**
- ♦ **HAY BALE CLIMB**

2018 Charity

Obstacle Course

Saturday, June 23 8:30 to 11:30

Check-In begins at 8:00

Register on-line by June 20

<https://www.surveymonkey.com/r/2018-Obstacle-Course-Registration>

\$20 per person (over 10 years old)

Pay by cash or check (payable to OCAO) at check-in


Call 614-724-7067 with any questions or alternative payment issues.

Participating minors **MUST** have legal guardians present.

Proceeds to Benefit **OCAO:**

Ovarian Cancer Alliance of Ohio

Food/Drink Sales to benefit the Support Services' Morale, Welfare & Recreation (MWR) Committee

- Music with DJ 
- Medals, Water and Donuts provided for the first 100 registered participants.
- Free-Throw/ 3-Point Throws
- Breakfast, Lunch, Snacks, Drinks and Baked Goods will be for sale.
- Healthy Columbus Give-Away Items



ovarian cancer
alliance of ohio

Our 2018 Heart Walk shirt has been designed and is ready for order!

Our shirts can be ordered with a donation of \$15 to our Heart Walk Team!

Shirt Details: This Bella + Canvas Triblend t-shirt is Unisex. It can be ordered in Small - 4XL sizes and in youth sizes by request.

How to get a shirt: There are a few ways to order a shirt.

1 - Order online at the AHA website.

<http://www2.heart.org/goto/HealthyColumbus>

**Note - the AHA website has a \$25 donation minimum that cannot be changed. However, a \$30 donation online will allow Healthy Columbus to order you two shirts.*

2 - Pay by cash or check. You can give cash or check to your department team captain or to Healthy Columbus via interoffice mail.

Online Order Link: (Click the shirt for the order form)

<https://www.surveymonkey.com/r/2018HW-Order>

Checks can be made out to *The American Heart Association*.

Brandon Kimbro - Human Resources Department (Interoffice information)



**Bella Canvas Triblend:
Deep Heather**

Another new Gym Partnership!

Swerve Hip Hop Fitness - Alisha Allicock

Come and enjoy working out in a non-judgmental environment where everyone belongs and is a part of our fitness family. We provide a culture of accountability, comradery, and inclusivity. Everyone is welcome in the class regardless of fitness levels or dance skills. The class is open to beginners as well as advanced level individuals. The choreography provides a level of challenge that beginners are able to build upon and more advanced individuals are able to enjoy as well. Each class is power-packed, calorie-burning and results-oriented while providing an element of fun!



Swerve
HIP HOP FITNESS

We stand for a non-judgmental environment where people of all fitness levels can obtain an effective, enjoyable work out, and level of entertainment through events and special classes.

INCLUSIVITY
ACCOUNTABILITY
HEALTHY LIFESTYLE

New Gym Membership Discount

GO: Fitness is for beginners and fitness enthusiasts, with an emphasis on introducing new and innovative exercises and systems that work for *real people*.

When you ask why GO: Fitness, we believe there is more to health and fitness than enduring countless hours on a treadmill, calorie restricted diets, the same old-style non-relevant equipment. To us fitness is about being up on your feet, moving in multiple directions, getting stronger in your core, so you can enjoy the activities you do outside of the gym, in your real life.

healthyCOLUMBUS
CITY EMPLOYEE WELLNESS PROGRAM



Special Offer to City Of Columbus Employees:

No Set Up Fee!

Up to a \$99 Value

For the first 50 people at each location.
After those 50, then 1/2 off Set-Up fee applies.

What Comes With Your Membership?

- 1x a month, 1-on-1, Member-on-Point 30 minute Personal Training session
- Open 7 days a week
- NO waiting in line for equipment
- Lockers with showers
- Friendly, customer service oriented staff
- 3 Smart Start Sessions to get you familiar with the gym and equipment
- Nutrition meal planning software at no extra cost
- Fitness on Demand Virtual Classes (Take a FREE class even during off-peak times!)



1459 King Ave. Columbus, OH 43212

614-481-8080

www.GoFitnessCenter.com

Info@GoFitnessCenter.com



842 N. 4th St. Columbus, OH 43215

614-347-3012

www.GoFitnessIV.com

Info@GoFitnessIV.com

City of Columbus Employees

To get started, simply bring THIS flyer on your 1st arrival, evidence of your employment and a photo ID to either GO: Fitness Location and we will get you GO:ing toward your best health & fitness ever!

Prices subject to change without notice. Prices Vary Per Location. Some Restrictions Apply. Good for New Members Only.

YMCA Discount!

We are thrilled to announce a new partnership between the YMCA and the City of Columbus!

City of Columbus employees now will receive a special employee rate for both individual and household memberships!

Simply visit the link in the PDF and complete your registration!

Register ASAP as the YMCA is also waiving their join fee just for us!

Click the PDF -> to see all of the YMCA locations included in this new partnership!

healthyCOLUMBUS
CITY EMPLOYEE WELLNESS PROGRAM



the Y[®]

MORE THAN A MEMBERSHIP

Special Employee Rates for City of Columbus YMCA OF CENTRAL OHIO

When you join the Y, you join a movement to strengthen your community, while strengthening yourself. The Y exists as a non-profit, here to serve the needs of the entire community through Youth Development, Healthy Living and Social Responsibility. We're helping kids, adults and families in Central Ohio neighborhoods become the best version of themselves through numerous programs and services such as Child Care, Diabetes Prevention and Supportive Housing.

THE CITY OF
COLUMBUS
ANDREW J. GINTHER, MAYOR
DEPARTMENT OF
HUMAN RESOURCES

Join online using your employee email address

<https://ymcacolumbus.org/join/cityofcolumbus>

HELP & MORE INFO email pem.support@ymcacolumbus.org

MEMBERSHIP OPTIONS	INDIVIDUAL	HOUSEHOLD
	One individual age 18 and older	Individuals sharing same residence
MONTHLY RATE	\$36 + tax	\$64 + tax
JOIN FEE	\$0	\$0

MEMBER BENEFITS

ACCESS MULTIPLE Ys

- » 13 Central Ohio Ys
- » 165+ Ohio Ys
- » Ys across country & world

FIVE FREE GUEST PASSES

**FREE CHILD WATCH
AND KIDS TIME¹**

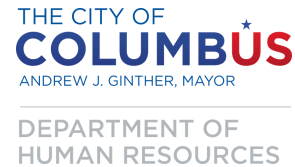
FREE GROUP CLASSES
BODYPUMP™, Zumba®, Yoga,
Cycling and more!²

PERSONAL TRAINING

CAMP DISCOUNTS

- » Day Camps at 20+ locations
- » Overnight Camp at
YMCA Camp Willson

1. **FREE CHILD WATCH AND KIDS TIME** Up to 2.5 hours per day included with Family memberships. A \$3 youth guest pass may be purchased for children who are non-members. Some restrictions and guest policies apply. See Welcome Center for more information. 2. **CLASSES** Water and some specialized classes require a fee.



I am happy to share that the much anticipated COTA Downtown C-PASS will be available, free of charge, to eligible City of Columbus employees who work in the downtown core. The Downtown C-PASS will provide unlimited – yes, unlimited – access to COTA beginning June 1, 2018. This C-PASS will be provided at no cost to residents who work downtown, thanks to the property owners in Capital Crossroads SID.

Our future is going to be big in ways that have yet to be imagined. I invite you to take advantage of COTA's C-PASS program, the CMAX (first Bus Rapid Transit line in Central Ohio) and Air Connect (direct bus service from Downtown to the John Glenn International Airport). I encourage you to bike to work or utilize a ride-sharing service. Explore how you may participate in the Smart Columbus movement to transport our city to the future. Technology and innovation in transportation will grow our economy and ensure a better life for our residents.

A handwritten signature in blue ink, reading 'Andrew J. Ginther'.

Please contact your HR representative for more information.

Walk/Run Club is an awesome group of employees and friends who meet twice a week to support each other in distance training.

Whether you are training for an event or just looking to get some steps in while socializing, this group is perfect for both!

Check the PDF -> to see when the group meets, how they keep in touch and some thoughts from members of the group about what the program has meant to them!



Club Schedule:

Thursday evenings – 5:15pm – Wolfe Park

Saturday mornings – 8:00am – Location varies

Join the group's Facebook Page for updates, Saturday meet up locations and to get motivational support from other walkers and runners.

"I joined for comradery without strict structure of other run clubs"
- Bill

"I joined because I was new to the health department/city employment, liked running and figured I could meet people with that interest. I've enjoyed the runs, the holiday costume runs, and the support. It keeps running fun and social"
- Sarah

"I joined because Bill said it would be a good idea. I have gotten support and training and developed friendships through the group. I like the idea of goal setting at your own pace without the pressure of a group like Marathon In Training"
- Andrea

"I joined City of Columbus Walk/Run club on my journey to lose weight. I gained a healthier lifestyle and irreplaceable friendships with my fellow city employees"
- Steve



Real Appeal® is a digital weight loss program customized to what works for you with up to a year of support.

ALL THIS!
At no cost
to you!*

healthy **COLUMBUS**
CITY EMPLOYEE WELLNESS PROGRAM

THE CITY OF
COLUMBUS
ANDREW J. GINTHER, MAYOR

DEPARTMENT OF
HUMAN RESOURCES

realappeal®



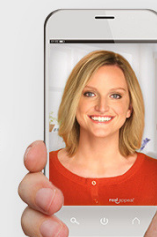
Lasting weight loss
with all the tools
you need to succeed

Enroll using a smartphone, tablet or
personal computer at

cityofcolumbus.realappeal.com

*Real Appeal is available at no cost to eligible employees on our UnitedHealthcare plan with a BMI of 23 or higher.

Plus, your
very own
transformation
coach!





Create Healthy Habits, Not Restrictions.

Don't hesitate to contact us if
you have any questions!

The Healthy Columbus Team

Brandon Kimbro - BTKimbro@Columbus.gov

Shena Wade - SLWade@Columbus.gov

Pat Shick - PLShick@Columbus.gov

Ashley Harris - AJHarris@Columbus.gov

THE CITY OF
COLUMBUS
ANDREW J. GINTHER, MAYOR

DEPARTMENT OF
HUMAN RESOURCES

healthy **COLUMBUS**
CITY EMPLOYEE WELLNESS PROGRAM

Front Street **FITNESS**
CITY EMPLOYEE FITNESS CENTER
THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR